

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JULY 8, 2005

## Byrnes to fight at Blaisdell



Sgt. Joseph A. Lee

**Sgt. Joseph A. Lee**  
*Sports Editor*

After what was arguably BayFest's most anticipated sporting event, Full Contact Showdown Title Belt winner Steve Byrnes, of Bullspen, is scheduled to move on to the next level of mixed martial arts competition at Super Brawl, Oct. 28, at the Blaisdell Arena.

After two fighters pulled out of the scheduled fight for the Full Contact Showdown title belt, Byrnes was matched against 2-0 MMA fighter Aaron Rose of 808 Fight Factory.

As Rose entered the ring, the crowd repeat-

edly heckled the obviously under-prepared fighter until Byrnes was called into the ring. A roar erupted from the crowd when Byrnes appeared, sporting a pair of white shorts that were custom made with his own personal logo displayed on the thigh.

"I wanted a knockout," said Byrnes. "I've been working on my stand-up a lot, and I really wanted to stand up with him for a while — to feel him out, but the last thing I heard when I entered the ring was my coach, who said, 'finish it.'"

See **BYRNES**, C-5



Sgt. Joseph A. Lee

**Left —** A Steinlager Ring Girl displays the Full Contact Showdown Title Belt to the crowd before placing it around the waist of Steve Byrnes, who is undefeated through three mixed martial arts, Full Contact Showdown fights held at Marine Corps Base Hawaii, Kaneohe Bay.

**Above —** Steve Byrnes (left), works to get a rear naked choke on opponent, Aaron Rose, Sunday. Byrnes was successful, achieving the win in less than two minutes.

## BayFest heats up with BodySearch

**Sgt. Joseph A. Lee**  
*Sports Editor*

As if the weather wasn't hot enough, this year's BodySearch Fitness Challenge at BayFest had the audience sweating Saturday at the main stage, where Hawaii's hottest and hardest bodies competed for first place.

Hosted by Gabby Black, Single Marines Program Coordinator, Marine Corps Community Services, the BodySearch competition normally draws a large crowd, and this year was no exception. The event featured a total of 13 competitors, seven women and six men, and was sponsored by 24 Hour Fitness, Tiki Tanning, Hawaii Naniloa Resort, Seaductive, Dixie Grill/Aunty Pasto Restaurant, and Revolutions Motorsports.

The competition was tough this year for the men, according to Jon Shiota, MCCS Semper Fit

manager, but Mike DeMarco, a registered nurse from the Palimomi Emergency Room, was selected for first place over a variety of men who were big, small, short and tall. One of his competitors was even Junior Mr. Hawaiian Islands.

DeMarco, of Waikale, Hawaii, said he is currently preparing for the Masters Nationals, a professional qualifying bodybuilding competition, in Pittsburgh, Penn., but enjoyed competing in the BodySearch competition.

"I had a great time," said DeMarco after the competition. "I only decided a few days ago that I would compete, and I'm glad that I did. I really like this sort of thing."

The competition for the women was just as stiff, but after a long debate amongst the judges, Uilani Laboy, a flight attendant with Hawaiian Airlines was selected as the top female competi-

See **BODIES**, C-4



Sgt. Joseph A. Lee

**Mike DeMarco (left) and Uilani Laboy smile together for a photograph after winning first place. DeMarco is currently training for the Masters Nationals Bodybuilding Competition in Pittsburgh, Penn., while Laboy is bouncing around the Hawaiian Islands as a flight attendant with Hawaiian Airlines.**

## SS Nishida destroys all at BayFest Bathtub Regatta



Sgt. Joseph A. Lee

The SS Nishida's crew, Harrison Chang, Kaipo Chong, Nainoa Chong and Andrew Aiu, bring their homemade canoe ashore and across the final finish line, Monday, at BayFest's annual Bathtub Regatta. The SS Nishida was representing the MCCS Food and Hospitality Division, and was without question the most well-built craft on the water, defeating five other handmade watercrafts in the annual competition held by MCCS Aquatics. For more information on how to get involved with next year's regatta, contact MCCS Aquatics at 254-7655

**Sgt. Joseph A. Lee**  
*Sports Editor*

Six homemade floating contraptions — some more worthy than others of being called boats — went head-to-head Monday at BayFest's annual Bathtub Regatta.

With a crew of four, each "boat" was to race against one another around a short course of buoys in Kaneohe Bay, to determine which team had not only built the fastest boat, but whose rig would make it to the finish line without sinking to the bottom of the bay.

In the first heat, the sea craft from 1st Battalion, 12th Marines, titled "The Liberator," faced off against "The Gunny Cohen" of Base Fuels and the "SS Nishida," representing Marine Corps Community Services Food and Hospitality Division. At the start of the race, The Liberator's crew paddled hard to the beat of "Eye of the Tiger," which could be heard from the shoreline blaring out motivation to The Liberator's hard-working crew. A bit less hydrodynamic than most other crafts in the competition, The Liberator was quickly lapped by the two other crafts.

At the end of the first heat, it was the SS Nishida, followed by The Gunny Cohen, whose crew might have had time to enjoy a brief lunch before The Liberator returned from its voyage.

In the second heat, another craft from Base Fuels was being raced, this one simply titled "Base Fuels." They were to race "Da Silva Bullet" and the "Sea

Mongoose" for placement in the final race.

At the start of the second heat, Da Silva Bullet got caught up on the first buoy and fell extremely far behind, as the Sea Mongoose and Base Fuels raced head-to-head for the next buoy. When the two arrived at the buoy, the two competitors tangled with one another, and Da Silva Bullet had time to catch up and pass the struggling crafts. At the finish line, it was Da Silva Bullet, followed by the Sea Mongoose and Base Fuels.

After a brief rest period, it was time for the final heat — the battle royal — the SS Nishida was to face The Gunny Cohen, the Sea Mongoose and Da Silva Bullet for the Bathtub Regatta title.

Around the first buoy, the SS Nishida had already taken a commanding lead, but The Gunny Cohen was gaining on them. Approaching the second buoy, it was The Gunny Cohen, followed closely by the SS Nishida, when the SS Nishida was able to retake the lead.

"It seemed that The Gunny Cohen was going to take the turn too early," said Kaipo Chong, crewman on the SS Nishida, "and when they did, we took the inside lane and took the lead back."

Going into the final turn, the SS Nishida had a huge lead, but anything could happen at the last buoy and after practically every team got tangled in a mess of watercrafts, it was the SS Nishida that came out victorious, followed by The Gunny Cohen, Da Silva Bullet and the Sea Mongoose. The

See **REGATTA**, C-5



# BASE SPORTS

## Tuesday

**Tackle Football Coaches Mandatory Meeting** — All tackle football coaches are required to meet at 2 p.m. at the Semper Fit Center to pass important information about the upcoming season. In addition, coaches can attend the Coaches Clinic either here at K-Bay or at the University of Hawaii campus from July 18 – 21. For more information, call Joe Au, base sports coordinator, at 254-7591.

## Ongoing

**Extended Summer Pool Hours** — The Kaneohe Bay Base Pool has extended its summer hours for family fun. The pool will be open from 6 to 8 p.m. Tuesdays, Wednesdays and Thursdays so that families can enjoy their summer evenings.

Night lighting, picnic tables and

barbecue grills will be available for patrons to rent for a small fee of \$1 per person. Swim, slide and dive away those hot summer nights at the Base Pool.

Evening Water Aerobics classes will be conducted on Tuesdays and Thursdays throughout the summer from 6 to 9 p.m. The class fee is \$2, and tickets can be purchased at the pool or fitness center.

Saturday morning swim lessons are also now available. Only six spaces per class are available, so sign up now at the Base Pool or call 254-7655. The fee is \$35 per session, beginning June 25. The following is the class schedule. Level 2 at 8 a.m., Level 1 at 9 a.m., Preschool at 10 a.m. and Preschool 2 at 11 a.m.

**Semper Fit Center Offers Personal Trainers** — For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight manage-

ment and control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer, who will take body-fat measurements, blood pressure and heart-rate readings, and more.

They will do all this and tailor a program based on your physical needs and ambitions. For only \$5 per workout, your trainer will actually train with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

**Campground and Picnic Sites** — For picnic and camping sites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be

reserved for overnight camping. Reservations are required. to reserve a camp site, call 254-7666. for Kaneohe or 477-5143 for Camp Smith.

**Fishing Charters Available at MCB Hawaii** — Spend the day aboard one of Bill Collector's Fishing Charter boats.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.



## No bull

Bryce Wachter, a flight equipment technician with Marine Aircraft Logistics Squadron 24, rides the mechanical bull at BayFest on Saturday. With the mechanical bull available for practice most every day of BayFest, the Bull-Riding Competition held by Marine Corps Community Services drew a large crowd of spectators between the afternoon fighting and the main stage events.



## Standing their ground

Paul Hoffman (left), an Army infantryman, loses his balance and falls toward the victor of this joust, Richard Brady. The jousting tournament was held Sunday, before the Full Contact Showdown fight, and was a fairly popular event at BayFest this year. Jousting with pugil sticks became popular in the Marine Corps when it was introduced in boot camp as an event to simulate hand-to-hand combat with a rifle.

## Semper Fit Group Exercise July 2005

### Monday

8:45 – 10 a.m. — Step 2 It  
11:45 a.m. – 12:15 p.m. — Gut Cut  
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)  
5:45 – 6:45 p.m. — Class Coming Soon  
6:45 – 7:45 p.m. — Pilates

### Tuesday

6 – 7 a.m. — Cycling (\$3/Free to active duty)  
8:30 – 9:30 a.m. — Class Coming Soon  
9:30 – 10:30 a.m. — Yoga  
6 – 7 p.m. — Class Coming Soon

### Wednesday

8:45 – 10 a.m. — Step Challenge  
4:45 – 5:45 p.m. — Cycling (\$3/\$1 active duty)  
5:45 – 6:45 p.m. — Class Coming Soon  
6:45 – 7:45 p.m. — Pilates

### Thursday

6 – 7 a.m. — Cycling (\$3/Free to active duty)  
8:30 – 9:30 a.m. — Class Coming Soon

6 – 7 p.m. — Step 2 It

### Friday

6 – 7 a.m. — Class Coming Soon  
8:45 – 10 a.m. — Step 2 It  
11:45 a.m. – 12:15 p.m. — Gut Cut  
4:45 – 5:45 p.m. — Cycling (\$3/Free to active duty)  
5:45 – 6:45 p.m. — Pilates

### Saturday

10 – 11 a.m. — Water Aerobics

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

Semper Fit also offers Aikido instruction Mondays and Wednesdays at 8 p.m., and Fridays at 7 p.m.

# COMMUNITY SPORTS

## HTMC Hikes Saturday, July 16

Saturday, join the Hawaiian Trail and Mountain Club on the “Makiki Tantalizer,” a six-mile, intermediate hike right in urban Honolulu's backyard. This hike is a maze of trails with woody corridors and occasional vistas. Pay attention to the coordinator's directions to avoid mistakes at the many junctions.

Reach coordinator Sandy Klein at 235-8330 for detailed information.

The trek July 16 takes hikers on a three-mile, novice jaunt to Waimano pools.

Adventurers can enjoy a beautiful downhill hike if the mountain apple trees are in bloom or a bountiful hike if the mountain apples are ready to be picked. The pools may be deep if it's been raining. Rest at the pools for the climb upward and out of the valley. Reach coordinator Peter Kempf at 384-2221 or 735-2220 for more information.

Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, age 18 or older. A responsible adult must accompany children under 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios, and other audio devices are prohibited on hikes.

Check out the HTMC Web site at [www.geocities.com/Yosemite/Trails/3660](http://www.geocities.com/Yosemite/Trails/3660) for more information.

## State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public. Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility.

Attendance at two sessions is required for certification. Classes are open to anyone 10

and older who enjoy the outdoors — not just hunters.

The next two-day session is July 22 from 5:45 to 10 p.m. and July 23 from 7:45 a.m. to 4 p.m. in classroom A-212A at the Nimitz Business Center, 1130 North Nimitz Hwy. Drive up the ramp to the classroom, which is the first room on the right. A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit [www.hawaii.gov/dlnr/Welcome.html](http://www.hawaii.gov/dlnr/Welcome.html).

## Lanikai Bike Path 8K

Join the Mid-Pacific Road Runners Club, July 17, at 7 a.m. on the Lanikai bike path for an eight-kilometer run.

Runner should meet at the boat ramp before the two-loop race. This is a show-up, sign-up race, but you may register on line at [www.active.com](http://www.active.com). Registration fees are \$5 for MPRA members, \$10 for nonmembers and free for MPRRS life members. Awards will be given to the top three finishers in the elite and 5-year age divisions.

## 25th Annual Tinman Triathlon

The People's Triathlon starts and ends at Kapiolani Park area in Waikiki, July 17. It is a beautiful and doable venue for all level of interested athletes.

The triathlon is comprised of an 800-meter swim, a 40-kilometer bike ride and a 10-kilometer run. Participants must be 15 years of age or older by July 17.

Each finisher will receive a commemorative award on race day. All awards will be presented on race day at a ceremony at approximately 11 a.m. at Kapiolani Park Pavilion. The number of awards will be determined by the number of athletes competing in each age group division.

To qualify to compete in the Elite Division,

the athlete must submit official documentation that he or she will be able to complete the entire race within two hours for men and two hours and 20 minutes for women. The top five finishers of elite men and elite women will receive overall awards.

Active duty military participants will be eligible for awards for male and female divisions, along with age group awards. Males 220 pounds and above, females 160 pounds and above will be eligible for additional awards, along with age group awards.

## Bellows Offers Adventure Programs

Whether you are spending a few weeks or just visiting for the day, check out any of the following weekly Bellows Outdoor Adventures programs. Call the Turtle Cove office at 259-4121 from 8 a.m. to 8 p.m. or visit [www.bellowsafs.com](http://www.bellowsafs.com).

•**Saturdays at 8 a.m., Morning Paddle:** Take the guided kayak tour to the Mokulua Islands, which offers the opportunity to see birds up close in their natural habitat. Cost is \$14. Advanced skill level is required.

•**Saturdays at 1 p.m., History Tours by Van:** Learn about and see significant historical landmarks on Bellows Air Force Station.

•**Sundays at 8:30 a.m., History Tours by Bike:** Ride mountain bikes for an extensive seven-mile, three-hour, guided tour of Bellows AFS. Wear closed-toe shoes. Cost is \$15 for bike and helmet rental.

•**Mondays at 8:30 a.m., Hike to Makapuu:** Take a moderate 2 1/2-mile roundtrip hike to the Makapuu Lighthouse. Hikers will be rewarded with awesome views of Koko Crater, Diamond Head and Waimanalo Bay. Wear closed-toe shoes. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Wednesdays and Fridays at 8:30 a.m., Snorkeling Tour:** Discover the magnificent underwater world of the ocean at a nearby

undisturbed reef. Transportation, instruction and snorkeling equipment are included. Cost is \$15 for adults and \$8 for children 12 and younger.

•**Wednesdays and Thursdays at 1 p.m., Kayaking Lessons:** Master ocean-kayaking skills, including water safety and efficient paddling techniques in this two-hour class. The class is free with a day kayak rental.

•**Thursdays at 9 a.m., Beach 101:** See fascinating natural phenomena as you wade across seaweed-covered reef flats and rock tide pools.

This is an educational experience for the whole family. Be sure to wear comfortable footwear, a hat, swimsuit, sunscreen, and bring water. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Thursdays at 8 a.m., Free Aloha Breakfast in the Recreation Center Lanai:** Find out about all the exciting programs and specials happening at Bellows. Enjoy a free continental breakfast and sign up to win door prizes. For more information, call 259-4112.

•**Thursdays and Fridays at 2 p.m., Lei Making:** Pick your own flowers to use in making a beautiful lei. Cost is \$8 for adults and \$5 for children 12 and younger.

•**Fridays at 1 p.m., Bodyboarding Lessons:** Learn how to catch and ride the waves. Free day rental of boogie board is included in the \$5 fee.

•**Miniature Golf:** One of the miniature golf courses on the island is the Bellows Mini-Golf Course. It is lighted and open for night play.

Cost is \$4 adults and children under 12. For more information, call the Golf Shack at 259-4121.

•**Driving Range:** Next to our Mini-Golf Course is a driving range. Clubs and buckets of golf balls are available for rent.

## Hawaii Marine Accepts Briefs

To post sports and recreational activities in the *Hawaii Marine*, e-mail requests to [editor@hawaiimarine.com](mailto:editor@hawaiimarine.com) or call 257-8835.







# The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

## Who tops the Williams sibling rivalry?

**Sgt. Joe Lindsay**  
*The Goat*

Everywhere you look some newspaper reporter is writing about the “sibling rivalry” between Serena and Venus Williams. It would probably be more accurate to classify them as partners-in-crime — providing it is a crime to be the best two female tennis players in the world. Never mind the world rankings that have Serena ranked fourth and Venus eighth. These two are the best. Just ask Jill Craybas. Craybas had the misfortune of beating Serena in the third round at Wimbledon, only to have to face off against Venus in her next match. The 6–3, 7–6 (7–4) loss to Craybas sent Serena home packing from Wimbledon earlier than any other time since she first hit the grass courts there in 1998. For her reward, Craybas had to face Venus, who disposed of her with relative ease, 6–0, 6–2. News agencies all over the world dubbed the elder Williams sister’s victory in “revenge” terminology. The Associated Press even blared the headline; “Venus settles score for Serena with victory,” while MSNBC preferred to go with; “Venus avenges Serena ...”

Give me a break. One had to go no further than

Venus herself to get the real story. “I definitely would like to do it a little bit for my sister, but mostly for me,” said Venus in the post-match interview following the victory. Of course, reporters, like most of us, hear what they want to hear. Sex sells, but not as much as revenge. It’s why Shakespeare still outsells Anna Nicole. So, given that the market seems stronger for off-the-court drama, whether real or imagined, than for actual athletic competition, we get what we get in the form of side stories that never really should have been stories in the first place. Or, even if they rated being a story, get bled dry. Venus won Wimbledon this year. Venus has also earned more money on the tennis court in 2005. Venus even beat her little sister in their last head-to-head match at the Nasdaq-100 Open back in March, breaking a streak of six consecutive losses to Serena, and marking the first time Venus had beaten Serena since the 2001 U.S. Open Final.

**Bottom Line:** So, who is better, Serena or Venus? Serena is, but who really cares? What’s important is that they are set to star in their own television reality show to air on ABC this summer.

**Kristin Herrick**  
*The Cheese*

The planets aligned Saturday as Venus Williams won her third Wimbledon championship — her first grand slam in nearly four years. For her sibling, Serena, it was a different story. Serena was taken out in the third round, to unseeded Jill Craybas. Venus swept up her sister’s dirt, wiping out Craybas in the fourth round at the All England Club and going on to win the tournament against top-seeded Lindsay Davenport. Things have not always been so one-sided between Venus and Serena. They have met six times in grad slam tournaments; Serena has an impressive 5-1 record, losing only their first matchup at the 2001 U.S. Open. Serena 5, Venus 1. Serena won one grand slam in 1999, three in 2002, two in 2003 and one, so far, in 2005. Venus won two

grand slams in 2000 and 2001 and, with her weekend victory, one in 2005. Serena 7, Venus 5. The Women’s Tennis Association released new rankings July 4, which showed Serena moving down two slots to number six and Venus moving up eight spots to number eight. Even with her win on the grass of Centre Court, Venus is still ranked two slots behind her little sis. Serena 2, Venus 0. **Bottom Line:** While both Williams sisters have been constant threats in the women’s tennis world over the past six years, and Venus could be ready to stage a comeback, the numbers show that Serena has dominated the court. Maybe Serena is simply a better player or perhaps Venus folds at the thought of a little sibling rivalry. Whatever the case, Serena has risen above the Venus hype and created a name for herself. She’s no longer Venus’ younger sister — she is Serena Williams.

### Readers Strike Back

“I can’t believe I’m going to agree with a cheesehead ...”

Dear Bottom Line,

I’ve been out of the loop with *Hawaii Marine* since I left last year, but something told me to see if The Goat and The Professor were still at it ... or should I say, still commenting with blinders on, and what a surprise to see The Professor has moved on, and replaced with a Cheesehead! I can’t believe that I’m going to agree with a cheesehead, but Kristin clearly outlines Birdie’s

accomplishment more accurately than The Goat! Winning a major tournament in any sport is a great feat, but Birdie will require more wins, and/or top performances before she can be mentioned in the same paragraph with Annika ... sorry, but Annika’s still the golfer to beat!

**Juan D. Rivera**  
*12th Marines, 3rd Marine Division*

## quotable

“Family’s first, and that’s what matters most. We realize that our love goes deeper than the tennis game.”

— Serena Williams



# Marine vets run, walk, roll in NYC

**Cpl. Jess Levens**  
*MCRD San Diego*

**NEW YORK CITY** — Marines, spouses and Sailors from Medical Holding Platoon, Naval Medical Center, San Diego, recently took a free four-day trip to New York City to participate in the Achilles Track Club’s Hope and Possibilities Run/Walk and to take in the city.

The Marines flew from Marine Corps Air Station Miramar, Calif., on a C-130 and touched down at Stewart Air National Guard Base, N.Y., July 1.

New York City firefighters met the Marines at the landing strip and served as their weekend transportation. With the sirens of police escorts blaring, the wounded vets arrived in Manhattan and were greeted at the Soldiers’, Sailors’, Marines’ and Airmen’s Club by firefighters, police officers, media and passersby. The entire block was barricaded off to prevent the flow of traffic. In the middle of the street, in the midst of all the commotion, Lance Cpl. Kelly Orman, on bended knee, asked his girlfriend, Rachael Cole, to be his wife. She said yes, and two days later, firefighters handed Orman a can of white spray paint to mark his romantic spot. Orman painted two white hearts in the middle of the street.

The Marines gathered at Central Park early Saturday morning, joined by wounded service members from Walter Reed Army Medical Center, Md., for an introduction to the 5-mile run, to stretch out. Some selected hand-cranked wheelchairs.

After the Central Park meeting, the firefighters took the Marines on an exclusive Ground Zero tour, where the 9/11 tragedies happened in 2001. The Marines spent the rest of the day on a double-decker bus tour of the city and then attended an appreciation dinner back at the hotel.

Sunday morning, the Marines rolled out of bed for the big race. Firefighters drove them to Central Park. The race was open to all, and many of the runners were ambulatory impaired or visually impaired. Marines who couldn’t walk or run used racing wheelchairs.

Cpl. Nick Beberniss, whose legs were badly wounded in Iraq, rode an adult tricycle. After he finished, he saw his wife Leslie running to the finish line. He made his way back onto the road and ran with her the rest of the way. Doctors once told him he would never walk again.

“I think it really motivated my wife,” said Beberniss. “Since my injury, she hasn’t seen me do anything like that.”

Leslie crossed the finish line almost in tears.

*See NYC, C-6*



The top three male and female competitors, from left to right: David Baptista, Kuulei Vedder, Mike Demarco, Uilani LaBoy, Brandy Leaver, and Nathan Alayon.

## BODIES, From C-1

tor. Laboy, a native of Waimanalo, Hawaii, planned on competing in the Body Search competition for several weeks before the event.

“I didn’t get to the gym quite as much as I wanted to, to be quite honest,” said Laboy, “but I had a great time, and I’m glad I competed.”

The second and third place contestants were as follows: second place female was Kuulei Vedder, 35

years old, from Waipahu, Hawaii, and third place was Brandy Leaver, 22 years old, from Honolulu. In the men’s division were: David Baptista, 21 years old, from Honolulu, placed second, and Nathan Alayon, 41 years old, from Mililani, Hawaii, placed third.

“The competitors were judged on appearance, stage presence, personality, and their response to seven predetermined questions,” said Shiota.

According to Shiota, the first-place male and

female contestants each received \$700 in cash, a two-night stay at the Hawaii Naniloa Resort on the Big Island, a six-month membership at Tiki Tanning, a three-month membership at 24-Hour Fitness, and a gift certificate from Revolution Motorsports.

“The event was a lot of fun, as always,” said Shiota, “despite not having the numbers of competitors as last year — the caliber of competitors is definitely on the rise.”



BYRNES, *From C-1*

At the start of the fight, Byrnes attacked first with a powerful front kick that missed its mark, but may have succeeded by intimidating Rose, who returned with a few strikes of his own. Byrnes returned fire with a few strikes to the head to distract Rose, as Byrnes shot for the takedown.

“When I took him down, I had the side mount, and I was going for the full — to pound his face — but he gave me his back, so I did the next best thing,” Byrnes said.

Byrnes immediately captured Rose in a rear naked choke, and the fight was over in less than two minutes.

“Of course I was excited that I won the belt, but I saw the fight going a little differently in my head,” explained Byrnes. “I really wanted to ground-and-pound, so I could tack a knockout onto my record, but that’s just not how it turned out. He didn’t seem like he was ready for this fight anyway and may have been distracted by the crowd.”

According to Byrnes, to prepare for his opportunity in October, he plans to get out and cross train a bit more with different clubs around the island.

“I’ve been working on a lot of different techniques with Kolo Koka and Kaipo Kalama, and I plan on working a whole lot more on my jujitsu with Barret Yoshida, who has helped me a lot so far.”

To warm up the crowd on Saturday, Bullspen fighter Justin Holcombe demonstrated some jujitsu and full-contact fighting techniques against Sean Bardon and Missouri State Wrestling Champion, Stephanie Lee. After the ground demonstrations, the gathering crowd watched a preliminary kick-boxing match held between Ryan Lee and Lorenzo Moreno to demonstrate the stand-up fighting techniques that may be used in the main event.

With an MMA record of 3–0, Byrnes is itching for a knockout at Super Brawl.

“So far all of my wins have been by way of submission,” said Byrnes. “I want to show everyone that I am a well-rounded fighter, and I plan on doing so at Super Brawl.”

REGATTA, *From C-1*

crew of the SS Nishida included Harrison Chang, brothers Kaipo and Nainoa Chong, and Andrew Aiu.

Prizes were awarded not only to the winners of the race but also to the most creative team, the team with the funniest design and the best overall craftsmanship.

“This race keeps getting better and better every year,” said Guy Naito, crewmember of Da Silva Bullet. “I remember six years ago when people were trying to race milk cartons out here — literally! They wouldn’t make it twenty feet

into the bay before their boat would sink to the bottom. These days, the competition is getting pretty stiff, which makes it that much more fun.”

For information on how to get involved in the Bathtub Regatta for BayFest 2006, call MCCA Aquatics at 254-7655.

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Make-A-Wish Foundation® is a CFC participant. Provided as a public service.

Did You Know?

**What are the symptoms of CO poisoning?**

Carbon monoxide can have different affects on people based on its concentration in the air that people breathe. Because you can’t smell, taste or see it, you can not tell that CO gas is present. The health effects of CO depend on the level of CO and length of exposure, as well as each individual’s health condition.

The initial symptoms of CO poisoning are similar to the flu (but without fever). They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

Many people with CO poisoning mistake their symptoms for the flu or are misdiagnosed which sometimes results in tragic deaths.

Because CO replaces oxygen in the blood, it can make people feel sleepy. Or, if they are asleep, it can prevent people from waking up.

At higher concentrations, people can experience impaired vision and coordination, headaches; dizziness, confusion, and nausea. In very high concentrations, CO poisoning can cause death.

— American Red Cross

NYC, *From C-4*

“I needed (to see him do that),” she said. “That was the most positive thing I’ve seen, physically, from him. Seeing him run was overwhelming — I didn’t know whether to smile or cry. I think I did both.”

As the racers piled in, they moved to a VIP tent for food and drinks. The local USO provided some singers who entertained the service members with patriotic medleys while the racers recovered.

After a quick shower, the vets went aboard the USS Intrepid for a luncheon and awards ceremony from the Achilles Track Club. One slip over, the Marines boarded a privately owned schooner for a water tour of New York City.

The trip ended with a visit to the Staten Island Marine Corps League to share drinks and stories with the local old-timers.

Early the next morning, the crew left the hotel and boarded the C-130 for the flight back to San Diego.

For more information on this story and for photos, visit [www.usmc.mil](http://www.usmc.mil).


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Did You  
Know?

Preventing Heat-  
Related Illness

- Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun’s energy. It is also a good idea to wear hats or to use an umbrella.
- Drink water. Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4 and 7 a.m.
- Stay indoors when possible.
- Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

— American Red Cross